

You may have been exposed to novel H1N1 flu during your travels

IMPORTANT!

Do you have a fever AND a cough, or sore throat, runny or stuffy nose, body aches, headache, chills, or fatigue?

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care.

Whether or not you feel ill, write the date below, save this card for the next 7 days, and follow the instructions on the next pages.

Today's date: _____

Save this card and follow these steps for the next 7 days:

1) Observe for symptoms of novel H1N1 flu.

The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

2) If you develop flu-like symptoms and are concerned about your health:

- Avoid close contact with others.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based gels are also effective.
- Stay home or in your hotel room for 7 days after your symptoms begin, or at least 24 hours after symptoms are gone (whichever is longer), unless you need to get medical care.
- If you have to go out, wear a mask or cover your coughs and sneezes with a tissue.
- Do not travel.

3) **The high risk groups for novel H1N1 flu are not known at this time but it's possible that they may be the same as for seasonal influenza.** People at higher risk of serious complications from seasonal flu include people age 65 years and older, children younger than 5 years old, pregnant women, and people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease).

4) Be sure to contact your medical provider if you become severely ill or experience the following:

- Difficulty breathing or shortness of breath.
- Purple or blue discoloration of the lips.
- Vomiting and being unable to keep liquids down.
- Signs of dehydration, such as dizziness when standing or being unable to urinate. For infants, this may mean a lack of tears when crying.

Help prevent the spread of novel H1N1 flu and protect yourself:

- **Avoid contact** with ill persons.
- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw used tissues in a trash can.
- **Wash your hands often** with soap and water or use an alcohol-based hand gel.
- **Avoid touching** your eyes, nose or mouth

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care.

- Your health care provider will determine whether flu testing or treatment is needed. Be aware that if the flu becomes wide spread, there will be little need to continue testing people, so your health care provider may decide not to test for the flu virus.
- Antiviral treatment may be indicated. Current guidelines can be found at <http://www.cdc.gov/h1n1flu/guidance/>.

- Contact your local or state health department.
- Visit <http://www.cdc.gov/h1n1flu/>
- Contact CDC (open 24 Hours/Every Day)
 - » 1-800-CDC-INFO (232-4636)
 - » TTY: (888) 232-6348
 - » cdcinfo@cdc.gov



Novel H1N1 Flu Travel Health Alert Notice
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